

West Nile Virus - Don't Let It Bug You

Some Simple Steps to Reduce Your Risk of West Nile Virus:

Protect Your Home

Don't let mosquitoes breed around your home

- Eliminate standing water from flower pots, barrels, used tires, clogged roof gutters or water-holding containers
- Install or repair window and door screens to keep mosquitoes out
- Keep grass cut short so adult mosquitoes will not hide there



For more information contact your local health department or the Missouri Department of Health and Senior Services at 866-628-9891 or visit www.dhss.state.mo.us/WestNileVirus/



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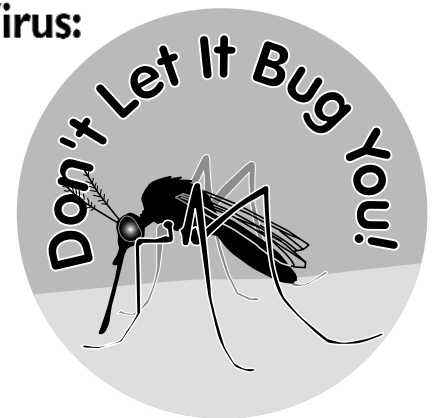
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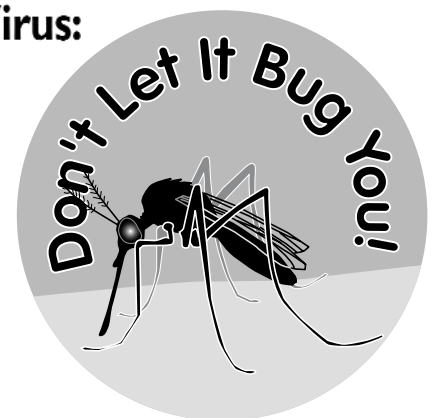
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Some Simple Steps to Reduce Your Risk of West Nile Virus:

Protect Yourself During Outside Activity

- Spray clothing and exposed skin with insect repellents according to specific manufacturer's instructions
 - Use repellents containing no more than 50% DEET (N₂N-diethyl-meta-toluamide) on adults
 - Use repellents containing 10% or less DEET (N₂N-diethyl-meta-toluamide) on children aged 2 - 12
- Wear protective clothing like long-sleeved shirts and long pants while outdoors
- Limit outdoor activity at dawn and dusk when mosquitoes are most active



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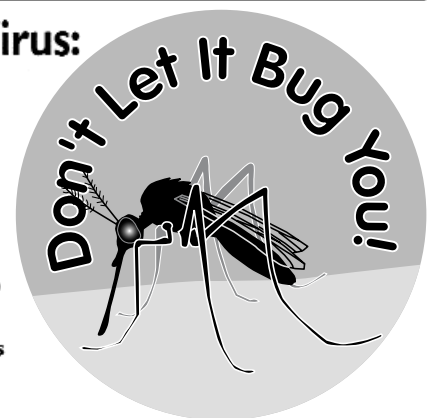
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